

Nation

Volume 14, No. 06 • February 2, 2007

Education Issue

Wahgoshig and Apollo sign a deal



\$2

Free in Iyiyuuschii
Serving Iyiyuuschii since 1993
Canada Post Publication No. 40015005



LYING TO GAMBLE. BORROWING MONEY TO GAMBLE. GAMBLING TO "MAKE UP" LOSSES.
PLAY THIS GAME AND YOU RISK RUINING YOUR FAMILY'S AND YOUR LIFE.

CONTACT YOUR LOCAL
SOCIAL SERVICES
OFFICE OR CALL

1-800-461-0140



To protect and to serve

by Will Nicholls

There are moments that clarify life for you. You may lose faith in the inherent ability of man to encompass community and wellbeing and then you are handed a gift.

One such moment in my life occurred recently when I was helping to keep one dog away from another that was in heat. Unfortunately, the dog ran off, having smelled something happening somewhere and being evidently determined to find it. No amount of shouts to "stop" or "stay" were obeyed.

I headed out with a goose call in hand as the dog usually responded to it well. An elderly man joined in the search, along with the dog's female owner in a car. We searched long and hard to no avail during this chilly night, one of the few cold ones Montreal has seen this winter.

I arrived back and the owner phoned the police. Normally the police don't deal with dogs in the south but surprisingly they had rescued Winchester, the male dog (the female is named Remington for those into hunting).

They told us they would bring the dog right over and were pleasant beyond belief. We were all grateful. Constables Linda Morin and Simon Prefontaine from Station 28 were laughing as they handed me the fugitive.

This brings me to a point or a thought of what happened. There was no ticket or warning but rather people enjoying a moment in which community mattered, even in the big city.

We look at police at times as an enemy. They are the ones who give us tickets and generally piss us off when they don't give us a chance or a free ride when we do something against the law.

It's hard to be an officer of the law no matter where you are. It's no wonder, given the stress they endure, that firefighters and police officers have some of the highest rates of suicide. To protect and serve sometimes has a too high a price.

As a police officer you have to give tickets to or even arrest family members, friends or just good people. It doesn't matter whether you are in a city like Montreal or in a small community like the Cree ones. You feel left out of the regular life and small things like bringing back a dog to someone who loves it, most of the time goes unnoticed and unappreciated.

Think of how many times you have taken out or voiced your frustrations to people who are just trying to do their jobs. You tend to forget the moments they are part of the community in other ways than just trying to make you follow the rules of the community you live in. You even tend to forget the police officers are members of the community. If you don't believe this ask any officer about it.

We are just as much of the "us-versus-them" equation as they seem to be.

Myself, I remember the police fixing bikes, running fish derbies and donating money to worthy causes, helping where they can and yes, upholding the law. They are special in the amount of sacrifices they are willing to make in order to make our communities work. I say special because of the ostracization they undergo in order to do their job.

Look at your police force today and just ask yourself one question: would we be better off with them or without them? I know my answer as Winchester was given back to me as a gift.

Contents

editorial

To protect and to serve 3

rez notes

Getting by on by-laws 4

news

Wemindji, Chisasibi race 5

Cree grads 7

In brief 9

feature: Education Section

Community courses 10

Heading for success 13

Native studies 17

Northern CEGEP adapts 21

Wahgoshig and Apollo 23

Diabetes Marathon 29

Under the Northern Sky

All about babies 31



on the cover

Photography: Shirley Walker

Design: Cheryl Tom

Getting by on by-laws



Some issues just don't seem to go away: racism, unemployment, poor health, abuse of every kind, sorrow and injustice and a general lack of get-up-and-go attitude. Somehow, all these issues have some type of reparative or solution in the form of programs, funding, courts, or incarceration complete with laws that are there to remedy or serve some sort of purpose, with, hopefully, a good result.

Take alcohol abuse. This is a worldwide problem, except in countries that prohibit the consumption of alcohol and strictly enforce their no-nonsense rules with hangings, cutting off of hands and limbs and other crude methods of keeping their social laws in place. In our communities, to many, it is a scourge, and to others, it is a blessing in disguise.

Whichever the case, our laws don't seem to reflect reality in this department. It seems the more we try to enforce our own by-laws, the more they seem to be unenforceable or unpopular. It would make more sense if the drinking were allowed as with the rest of the province and get those who break the other laws, and this would probably filter out the "good and well-behaved imbibers" from the rest of the riffraff.

Racism seems to be another issue that raises its ugly head with intolerance to others who are not of particular family trees, colour, language, religion, location or age. What's with all that? Isn't racism more common than once thought? Haven't old festering sores been cleansed during the 60s, 70s and up to today?

Not so. It seems that whenever we learn more about the world, the

more we realize how well off we are in our own communities as compared to other First Nations and peoples around the world. Heck, most racist feelings towards us come not from pity or just plain hatred, but more of jealousy, the worst kind of racism.

I guess that having decent living quarters for families is a given. But families back in the day used to build their own humble homes and late rent payments were never heard of. What happened to the back yard carpenter? The law which is now enforceable through fines and other sanctions demand and require that homes be built by competent tradespeople, so that they can be built according to housing codes.

The problem, of course, was that back in the old days the laws didn't take into account asbestos, fiberglass, lead and the sandblasting that are extremely toxic to the average working class Joe-Who-didn't-know-better. So perhaps housing is better but still lacking in numbers. Care to share a room with everyone else, anymore?

Again, when our own laws are looked at closely, some may be socially archaic, dating back to days when our population was less than 10,000, when drinking always ended up with a spat leading to a fight, when a house had just the family and other families in one room, when racism was limited to just three races, white, Indian and Inuit.

Today, all these issues meld together to an overall blanket of insecurity and misdirected good intentions. I say change some laws to reflect our present needs and outlook of our communities. Change laws, change perspectives.

the Nation is published every two weeks
by Beesum Communications

EDITORIAL BOARD

W. Nicholls, L. Stewart, N. Diamond, E. Webb

EDITOR IN CHIEF

Will Nicholls

ASSISTANT EDITOR

Steve Bonspiel

IYIYU AYIMUUN EDITOR

Brian Webb

COPY EDITOR

Lyle Stewart

CONTRIBUTING WRITERS

X. Kataquapit, S. Orr

PHOTOGRAPHY

S. Bonspiel, D. Valade, N. Diamond, W. Nicholls

GRAPHIC DESIGN

Cheryl Tom

DIRECTOR OF FINANCES

Linda Ludwick

SALES REPRESENTATIVES

Danielle Valade, Christina Groom

PRODUCTION COORDINATOR

Rosalyn Lloy

LAYOUT & PRODUCTION

Cheryl Tom

THANKS TO: Air Creebec

WHERE TO REACH US:

POSTMASTER:

4529 CLARK, #403

MONTREAL, QC., H2T 2T3

PLEASE ADDRESS CORRESPONDENCE TO:

The Nation PRODUCTION OFFICE

5647 PARC AVE. PO. BOX 48036

MONTREAL, CANADA H2V 4S8

EDITORIAL & ADS

TEL.: 514-272-3077, FAX: 514-278-9914

ADS- VAL D'OR-CHIBOUGAMAU REGION

TEL.: 514-285-8986

The Nation HEAD OFFICE

P.O. BOX 151, CHISASIBI, QC. J0M 1E0

www.beesum-communications.com

E-MAIL ADDRESS:

Editorial: nation@beesum-communications.com

news@beesum-communications.com

Ads: ads@beesum-communications.com

groom@beesum-communications.com

Classifieds: beesum@beesum-communications.com

SUBSCRIPTIONS

INDIVIDUALS & INSTITUTIONS: \$45 PLUS

TAXES

ABROAD: INDIVIDUALS: \$70 U.S.

ABROAD: INSTITUTIONS: \$85 U.S.

PAYABLE TO BEESUM COMMUNICATIONS

PRINTED BY IMPRIMERIE LEBONFON

ALL RIGHTS RESERVED

PUBLICATION MAIL #40015005

ISSN #1206-2642

The Nation IS A MEMBER OF:

THE JAMES BAY CREE COMMUNICATIONS SOCIETY,

CIRCLE OF ABORIGINAL

CONTROLLED PUBLISHERS, CANADIAN

MAGAZINE PUBLISHERS ASSN.

QUEBEC COMMUNITY NEWSPAPER ASSN.

CANADIAN COMMUNITY NEWSPAPERS ASSN.

LES HEBDOS SÉLECT DU QUÉBEC

We acknowledge the financial support of
the Government of Canada through
the Canada Magazine Fund toward our editorial costs.

Canada

Wemindji, Chisasibi race for supremacy

ANNUAL DIABETES FUND DRIVE

by Steve Bonspiel

For the second time in the last three years, the Northern Store in the smaller community of Wemindji has outsold its counterpart in Chisasibi in a race for diabetes awareness and, hopefully one day, a cure.

The two stores battled it out last year for diabetic awareness supremacy in Canada by outselling stores in much larger areas like Winnipeg and Regina. This year, instead of snowmen, they sold paper reindeer and sleighs.

"It's completely the community," said a humble Vikram Mulki, Manager of Wemindji's Northern Store. "They've taken it to heart and they understand the importance of diabetes. We don't really have to sell it to them."

Family sleighs sold for \$10, individual reindeer for \$2. Each carried the name of the supporter and was hung up on the walls of the store.

Wemindji sold 678 sleighs, and 8,108 reindeer for a total of \$22,996. Chisasibi's total was 9,503 reindeer for a total of \$19,006. Both were impressive numbers and the drive to sell more and more each day helped to create a friendly competition between the two communities.

In all, over 50,000 reindeer were sold in all Northern, Odd Lot and Giant Tiger stores in Canada. A total of \$112,496 was raised to fight diabetes, exceeding last year's total by \$4,607.

"My job was not much involvement in it, except for encouragement and to get it organized," said Mulki. "It was mostly the staff, Doreen, Priscilla, Elsie, all the girls here that took up the challenge. They were the ones pushing us more than anything else."

Four years ago when Wemindji sold 400 snowmen, the community was issued a challenge. Sell more! They responded by moving 3,209 snowmen the next year and 5,219 last year. It is not unreasonable to think that the community of less than 1,300 souls might reach the unbelievable goal of 10,000 reindeer next year. That amount works out to over eight times the community's population.

Chisasibi and its population of 3,600 are close behind, as they improved on their total of 6,722 last year. When fundraising for this year's diabetes awareness marathon is factored in, however, Chisasibi raised \$34,000 to fight the disease.

"It's great, every year they seem to do better and better," said Chisasibi Northern Manager Brent Bowen. "We have a couple of our long-term staff, like Nelly Pachano who is our head cashier, who sold the most. One day I remember her selling 80 reindeer herself."



Bowen also ran in the marathon in Hawaii and has diabetes in his family.

"The people of Chisasibi have big hearts," he said. "If you find a reason that's important, they'll jump behind it full well. If it's helping a family that had their house burn down, or raising money for diabetes, when they put their mind to it, they get behind anything."

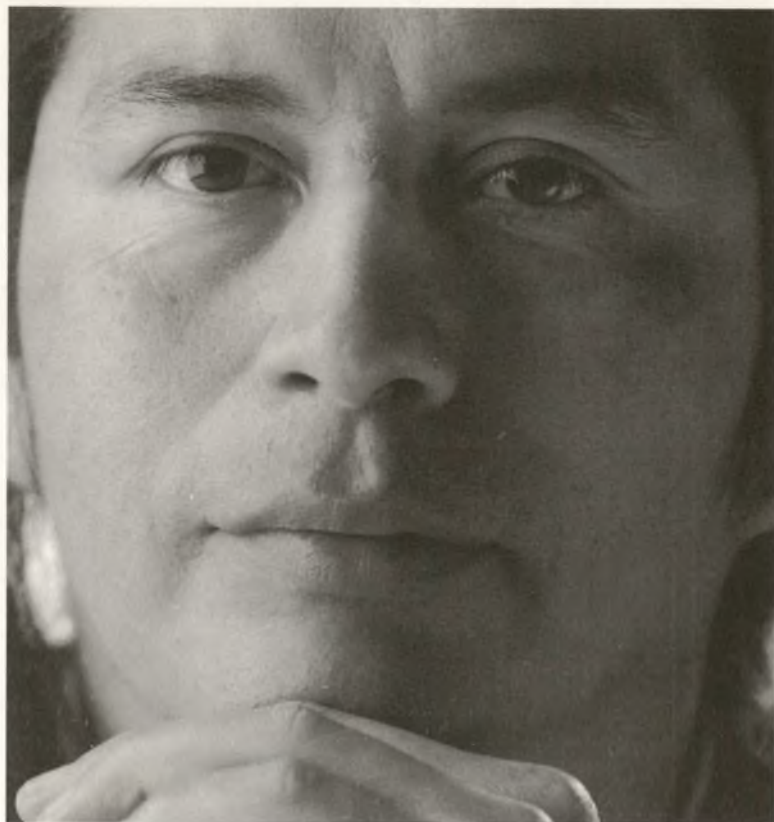
Bowen said penny socials, donations and selling fruit and vegetables at the local poker tournaments and the live bingos really helped to raise awareness and get people behind them. "Any opportunity to get out and raise some dollars, we did and everybody supported us very well."

He also said an added incentive this year arose during a staff meeting. He had his employees touch a person on either side of them and they were told that one of the people they are touching was liable to have diabetes. "It was a real eye-opener for our staff and I think it made them push harder this year."

Wemindji Northern Store Manager Mulki had a similar experience to share.

"The community is amazing," he said. "I've never seen that kind of enthusiasm and commitment. The community is very aware of diabetes. The other day six diabetic cookbooks came into the store and they sold out in the first two hours. That shows you that people are very aware."

Bragging rights go a long way as well. "They don't get anything out of winning, but it's the pride in the community that says, 'Hey, we're small, but we know what we are and we're capable of doing so much more.'"



Desjardins & Co.

It's all of Desjardins supporting your business.

Put your business in good hands.

Desjardins puts all of its skill, resources and accessibility at the service of the First Nations. With the largest cooperative force in the country, business projects become a reality.

www.desjardins.com



Desjardins
Business Centres

Money working for people



SABTUAN REGIONAL VOCATIONAL TRAINING CENTRE

1 ELDER DAVID NEEPOSH STREET, WASWANIPi, QC., JOY 3C0

TEL: (819)753-4040; (819)753-2636

FAX: (819)753-2640

TOLL FREE: 1-866-921-4040

**CONGRATULATIONS TO ALL THE STUDENTS WHO GRADUATED
FROM THEIR RESPECTIVE PROGRAMS ON DECEMBER 18, 2006:**

HEMOCARE, FAMILY AND SOCIAL ASSISTANCE

Teacher: Virginie Sabourin

Melanie Dixon-Gilpin (Waswanipi)

Georgina Hester (Waskaganish)

Caroline Jolly (Nemaska)

MaryAnne Kitchen-Otter (Waswanipi)

Annie Sheshamush (Whapmagoostui)

Charlotte Trapper (Waskaganish)

Flora Trapper (Mistissini)

Sarah Trapper (Waskaganish)

Pearl Whiskeychan (Waskaganish)

LIGHT VEHICLE MECHANICS

Teacher: Frederic Hamelin

Michael Cooper (Waswanipi)

Jean-Paul Iserhoff (Waswanipi)

Wayne C. Tomatuk (Wemindji)

A sobering experience

Family Life course graduates share a special bond



by Steve Bonspiel

Eeyou Istchee is a little smarter after nine women graduated from a thought-provoking and insightful three-year Cree Family Life Education course that helped them to grow as people and as educators of Cree youth.

Shirley Sandy, Daisy House, Bessie Tomatuk, Marlene Matoush, Brenda Sam, Margaret Pachanos, Margo Mianscum-Cooper, Shirley Cooper, and Philomene Mianscum all received their certificates in a posh ceremony January 22 at the Forestel Hotel in Val d'Or.

"It was very touching," said recent grad Bessie Tomatuk.

The night started at 6 pm and the fun continued past 11. A nice meal of roast beef and veggies was served to the 90-plus friends and family in attendance.

"I learned family values, interpersonal relationships, how to work in groups and how to do programs in the community or school, among other things," said Tomatuk.

Her topic for the fieldwork portion of her course was addiction. She presented it to the secondary four and five students in Eastmain over eight sessions. She also did extensive research on drugs and alcohol and brought an Elder to talk to the kids about drinking in the community.

It was a sobering experience, so to speak. Tomatuk checked into a drug and alcohol rehabilitation centre nine years ago.

"I didn't feel ashamed," she said. "I was really comfortable to share my story with them."

Tomatuk learned many things during her course, which started in 2002 and was actually extended a year so everyone could graduate together.

"I find I've grown so much personally," she said. "The relationship with my co-workers is different. I look at the needs of my family more than I used to before," said the mother of five children.

At times, she admitted, it was difficult, but her focus has

now turned towards getting her B.A.

"There were times I didn't want to go because of my job and my kids, and my partner was the one who pushed me," she said. "We really helped each other and encouraged each other a lot. Sometimes it was hard when we left our communities. We'd come together to talk about our difficulties."

During the course of the evening, Cree School Board Chairman Gordon Blackned tipped his hat in a speech to the graduates. A special surprise was the addition of Annie Herodier, who graduated from the first CFLE course many years ago.

As a recently ordained Deacon, Herodier said Grace and gave the opening prayer.

Nancy Walker administered and taught some of the subjects in the course. She was ecstatic and could not contain her tears when reached by phone by the Nation.

"It's based on training the people in the course to work on human relations, communications skills and working in groups," she said. "And being in touch with leadership skills, planning programs and initiating workshops in the schools."

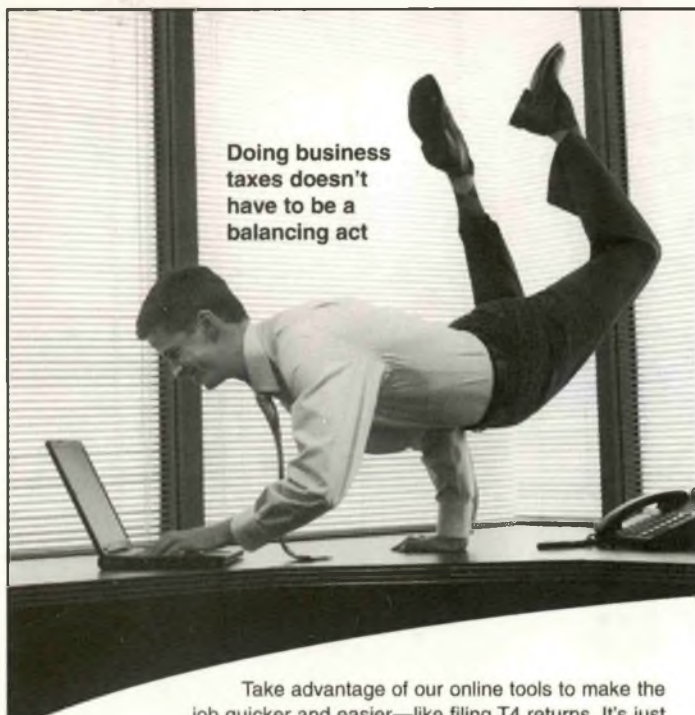
"It's a very experiential course," she continued. "They used a lot of their own experience. That's why it was so emotional. It's a very emotional course. We shared a tremendous amount of painful feelings. We talked about residential school and sexual abuse."

Walker said that she learned many things and revealed others about herself. The tight-knit feeling of the group enabled her and the other women to open up.

She was happy to see the ladies graduate, but said that it's hard to see them go.

"I was so excited and everybody was so moved," she said. "I didn't cry, but when I got home I felt so sad. I was sad to leave. We had such a close relationship."

Doing business taxes doesn't have to be a balancing act



Take advantage of our online tools to make the job quicker and easier—like filing T4 returns. It's just one of the secure, timesaving e-services for business at **cra.gc.ca/eservices**

Point. Click. It's that quick!

Canada Revenue Agency Agence du revenu du Canada

Canada

Des **SERVICES PROFESSIONNELS** adaptés à vos besoins.

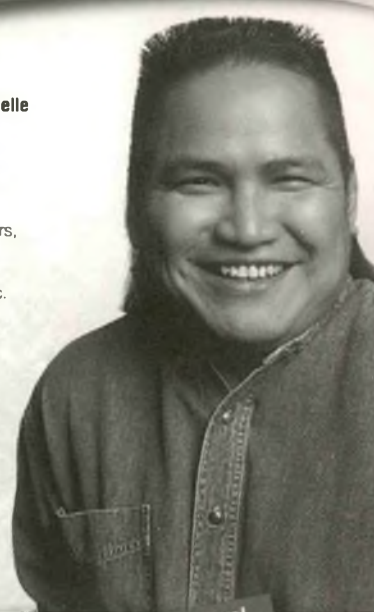
PROFESSIONAL SERVICES adapted to your needs.

Le centre de formation professionnelle de la Jamésie vous propose les programmes suivants :

mécanique industrielle, mécanique d'engins de chantier, mécanique de véhicules lourds routiers, aménagement de la forêt, travail sylvicole, abattage et façonnage des forêts, etc.

The vocational training centre of Jamesie offers the following programs:

industrial mechanics, heavy-duty equipment mechanics, heavy-duty road vehicle mechanics, forest management, silvicultural work, tree felling practices, etc.



Contactez-nous! Contact us!
418 748-7621
option 2, ext. 3334

 Commission scolaire de la Baie-James

Partenaire de la commission scolaire Crie
Cree School Board's partner

The latest film by Zacharias Kunuk and Norman Cohn, the producers of **Atanarjuat, The Fast Runner**

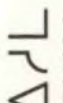


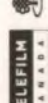
THE JOURNALS
of Knud Rasmussen

Screening in:

Whapmagostui, February 13-15 Eastmain, February 20-22
Chisasibi, February 15-18 Waskaganish, February 22-26
Wemindji, February 18-20 Nemaska, February 26-28

INDIGENOUS FILM NETWORK
Aboriginal Films for Aboriginal Audiences

 **ISUMA**
www.isuma.ca

 **TELEFILM CANADA**

 **LPNA**

 **air Creebec**

 **air Creebec**

Weeneebeg Aboriginal Film and Video Festival

The Weeneebeg Aboriginal Film and Video Festival is an annual five-day festival happening in Moose Factory on March 7-11. Festival organizers say it is a community driven festival drawing on northern experiences. This year they will be presenting works by established and emerging international Aboriginal artists with featured youth workshops and community events. Each year the program showcases stories that resonate with local issues, concerns and perspectives relative to the James Bay people. Weeneebeg Aboriginal Film and Video Festival 2007 celebrates their 5th milestone year with a program focus on Aboriginal women in film and video among other exciting highlights.

Shaman story

The critically acclaimed follow up to the highly successful *Atanarjuat: The Fast Runner* is coming to Eeyou Istchee. *The Journals of Knud Rasmussen* looks at a Danish explorer's journals and along with it, the unique journey of his Inuit guides. *The Nation* spoke to Jacquie Carpenter, Audience Events and Tour manager of the Indigenous Film Network.

Nation: In a nutshell, what is *Journals* about?

Jacquie Carpenter: It's kind of complicated. It's about a Shaman named Aua who lives on the land and basically the surrounding communities have picked up the teachings of Christian missionaries. It's a struggle between maintaining your own beliefs against Christianity. So it's a struggle between both worlds that Aua has to make in order to keep his family alive basically.

What is the main reason why people should go see this movie?

I think Norm Cohen says it best. It shows the great divide between the two worlds and just how people cope with it. We hear a lot about First Nations' struggles with Christianity, but the Inuit also faced the same hardships as it were. It's two different worlds between First Nations and the Inuit, but they have similar histories."

How many seals were hurt during filming?

There were no seals in the movie at all.

In one word, how will Crees relate to this film?

I guess in a lot of ways it's the history of their neighbours. I'm sure they heard stories that are similar in their communities and just to

James Bay Highway Opens

The winter road is open to light traffic. In this case light traffic means the vehicle and contents including passengers must not be over 4500 kg (or 10,000 lbs). Caution is urged as construction equipment is still on the highway and flooding crews are working near the water crossings. Slow down near the crews as splashing can result in ice build-up and affect your brakes. Please do not splash the crews either asks the Services Company. If you are unsure of the road conditions you can call 1-866-943-6166 and a message will play telling you the latest condition of the road. If there is a community event planned that will result in increased traffic call 1-800-889-0697. Commercial traffic will be notified and rescheduled. If you are a commercial user of the road the Services company will be meeting February 20 in Moosonee.

see that their neighbours have gone through the same... But I think also in terms of the company to see how film can really educate and inform people of the truth as told by the Inuit themselves.

Also accompanying the film will be a workshop just to educate people about the power of film. Every community has a story and it can be told. And it is possible and there is a market for it.

How many people up north are named Knud?

I don't know of any personally.

How did this tour come about?

The Indigenous Film Network is basically Aboriginal film for Aboriginal audiences. It came about from *Atanarjuat*, which was the first major film by Zacharias and Norm and how it never really hit the Aboriginal audiences and they totally missed the mark on that. I guess we wanted to prove that there is an audience that has been ignored and you don't want to miss that opportunity with the second film.

This film opened the Toronto International Film Festival, but no one in the north would have actually seen it unless we actually did the tour.

Will it be shown for free?

No, it will cost \$10 for singles, \$15 for couples.

How many stars would you give the film out of five?

It's a movie that makes you think so it's very slow-paced in nature. But that gives you time to see the world they live in and how they live. So for me I'd give it a four out of five.

For more information visit: <http://www.isuma.ca>

For The Record

An article published in *The Nation* on January 5 reported on some of the financial difficulties encountered by Waswanipi trucker Gary Cooper. The article stated that his truck had been seized and sold at public auction by lawyer Jocelyn Geoffroy acting on behalf of the Eeyou Economic Development Board. The article further reported that Cooper had later seen Geoffroy driving the truck. Cooper was quoted as saying that Geoffroy should be "disbarred" for his actions.

That quotation should not have been included in the story and *The Nation* apologizes to Mr. Geoffroy. As the article went on to say, Geoffroy did not purchase the truck at the sale. There is no suggestion that Geoffroy acted improperly in overseeing the auctioning of Cooper's vehicle.

COURSES IN THE COMMUNITIES

If you have resolved that 2007 is your year for action on retraining and changing your field of employment, you are not alone. As the demands of the labour market evolves, we the workforce must evolve to accommodate its needs.

When we think of schooling however, our minds will often naturally gravitate to images of rosy-cheeked children handing apples to their beloved teacher before taking their seat in the classroom.

The reality is that the classroom isn't just for the kiddies anymore. Adults are lining up in single file to retrain themselves for new careers, filling classrooms to brush up and get a promotion in their present job, or to simply finish what they once started and get that high school leaving certificate.

If this sounds at all familiar to you or if you have been thinking that you're up for something new, the first step down this road should lead you directly to your local continuing education office. There are a whole bevy of courses being offered up within the nine communities, from work as a truck driver or a nursing assistant to secretarial studies, or drilling and blasting. What's certain is that there is something new and wonderful to be discovered for just about everyone.

What's coming up?

According to Steven Wanamaker from continuing education, two exciting new trade programs are presently recruiting: Drilling and Blasting and Ore Extraction. Both courses will run approximately 900 hours and happen simultaneously in Chibougamau.

"It's for all of the communities and these communities send participants from everywhere," said Wanamaker.

The Ministry of Education and CHRD are funding this program through the Cree School Board, says Wanamaker, so it's virtually free for Cree residents of the nine communities, even accommodations are provided. Recruitment is now taking place and the courses will commence once each of the 12 spots in the programs are filled, though Wanamaker is shooting for sometime in March as a start date.

To take part in either of these two programs, says Wanamaker, "You need to have a secondary 3 or equivalent and you must not have any kind of criminal record because you need to obtain a permit for handling explosives. That is very particular for these two programs."

Graduates from either program will be able to anticipate wonderful employment opportunities in the future, according to Wanamaker. "Those who graduate from the Drilling and Blasting program will be hired by contractors in construction, the ones that put in the infrastructure, mostly the roads," he said. "They also prepare the open pits and the underground mining. The ones who get a diploma in ore extraction will work directly for a mining company."

If the idea of working in such hands-on fields is not your style but the idea of travel and an independent lifestyle is more appealing to you, how about a new career in truck driving?

"There is another course coming up in Truck Driving class 3," noted Wanamaker. "This one is going to be in Waswanipi at our training centre and that is going to start in February."

Though this course is filling up quickly, it is still taking applicants. For those interested in applying, make sure that you are both in good physical health and that you have been well behaved on Quebec roads. "If their medical is not good or if they have too many demerit points on their license they are eliminated [from the program]."

If these three trades do not appeal to you and running your own business is what you have in mind, the ever-resourceful Mr. Wanamaker also has something in store for you!

"There is a program in the works right now for starting a business and we are going to do it online so anyone who has a computer at home connected to the Internet can follow."

Though there is no official launch date at present, the program will be available sometime in 2007. "Some can take it in our classrooms with computers and at some point some will be able to take it in their homes," said Wanamaker. This comprehensive entrepreneurial course will run



330 hours online and the participants will be able to take the course at their own pace.

"We are very excited about this," Wanamaker enthused. "We have been talking about it for three years and this year it should start. There will be no limit to the number of students who can take this course. We are limited only by the number of computers; even then people can exchange, one can come in the morning and the other in the afternoon and the other one in the evening."

This online course will also hopefully be the first of many. Once the entrepreneurial program's wheels are in motion, the next program Wanamaker is looking to put online for the Cree communities is a college preparation course.

"It's for those who don't have all of their high school leaving," he explained. "Let's say they need just math or even if they do have their high school leaving and they want to brush up on certain subjects like academic subjects. So all those academic subjects should also be available on line but we don't know if we are going to be able to get those up and running this year."

For those interested in taking up something at the Vocational Centre in Waswanipi, the truck-driving course is far from the only course starting soon.

The Heavy Equipment Mechanic course begins in February for those who would like a career in motorized equipment maintenance. This 1800-hour course is perfect for the aspiring grease monkey.

If wrenches are not your pleasure the Assistance to Patients or Residents in Health Care Establishments also begins in February. With Canada's aging population, there is no doubt to going to be a great demand for people to care for the country's elders. If good bedside manners come easily to you, this 630-hour program could be the beginning of a rewarding career. Once more, as these courses are offered at the Vocational Centre in Waswanipi, says director Willie Ottereyes, "We provide all

of the travel, the meals, the lodging; those are all paid for by the school board."

Students can get funding by various different means, according to Ottereyes. "CHRD is responsible for funding all students individually to go to the vocational centre," he observed. "If they have no other means of income while they are at the training centre, they should go to the CHRD. Students can still have social assistance from their community, but they should bring the papers to Waswanipi to transfer their social assistance to Waswanipi. Or they could be on EI and there is the CHRD. So there are three different sources for funding."

Depending on your community, taking up a new trade does not necessarily mean traveling elsewhere to study.

Though each community runs on a different calendar, offering different vocational programs at the continuing education centres throughout the year, if you are interested in taking up a new trade locally, it may be worthwhile to see what is going on in your community.

"We are supposed to start the secretarial studies course in February," offered Annie Iserhoff from Continuing Education in Mistissini. Though this program may be full for Mistissini, Iserhoff said that, along with the secretarial course, continuing education would also be starting up a cabinet-making course this April. Even if a course has already begun, late applicants are sometimes accepted. "I usually give them until about two weeks into the course to register after the course has commenced," said Iserhoff. "After that I don't accept anymore because they would miss a lot of modules."

So, if you or someone you know has been talking about sharpening up their skills, starting a new trade, opening up a business or simply just changing their lives for the better, there is no time like the present to get informed. Continuing Education in your community has all of the information you need on where to go and how to get there, all you need to do is ask.



PROPAC

NORD SELECT

Division de C. Caron inc.

4, rue Nottaway
C.P. 820 - Matagami
(Quebec) J0Y 2A0

Tel.: (819) 739-3883
Fax: (819) 739-3885
caron@nordselect.qc.ca

DISTRIBUTION NORD-SELECT - nancy@nord-select.qc.ca

WE ARE THE LARGEST OUTDOOR SPECIALIST
BEST PLACE TO SHOP AROUND FOR YOUR
HUNTING AND FISHING GEAR
THE BIG SPECIAL OF THE MONTH
12-16 OR 20 G REMINGTON
870 EXPRESS PUMP ACTION ONLY \$399.00
FINANCING AVAILABLE C.O.D ACCEPTED
IN STORE GUNSMITH

WE ARE A DISTRIBUTOR OF :

CANOE NOR WEST	5000 SQ. FT OF
AMUNITION	SPORTS
BIG FOOT DECOYS	HUNTING
HUSQUVARNA	FISHING
CANVAS	TOYS
PROSPECTOR TENT (WOOD)	GIFTS
CAMO CLOTHING	FURNITURE
GUN	HOUSEWARE ITEM
	AND MANY MORE

RONA

le Renoveur

MATAGAMI
BAIE-JAMES

C. Caron inc.

9, rue Nottaway
C.P. 520
MATAGAMI J0Y 2A0
Tel.: **(819) 739-2578**
Fax: (819) 739-3619

Courriel: camille@ronacaron.ca

DESIGNER SERVICE AVAILABLE
SPECIAL OF THE MONTH
LIQUIDATION OF FLOOR COVERING
LAMINATED FLOORING
PAINT LIQUIDATION
FINANCING AVAILABLE
DELIVERY TO JAMES BAY
C.O.D. ACCEPTED

CABIN SPECIALIST
LUMBER
WINDOW

TRUST
HARDWARE
DOOR



Bombardier Tundra
(Second hand 2003, 2004
& 2005 / the best one)



Bombardier LT 440
(Second hand)



Bombardier WT 20'' & SWT 24''
(Second hand)



Arctic Cat Bearcat
570 & 660 (New)



Polaris Widetrack 500 (New)



Snow Hawks 600 HO (New)

MOTO SPORT

LA SARRE INC.



427, 2^e rue est La Sarre, Qc

Toll free 1-866-333-7227

Section pour enfant:



Polaris Pro-X 120 (New)



Arctic Cat Z-120 (New)



Snow Hawks Junior (New)

Moto Sport La Sarre+

THE **BEST PLACE** FOR THE **BEST CHOICE** AND THE **BEST PRICES!**

Heading for Success

by Amy German



education special

Whether you are in the north or in the south of the province, when it comes to training programs that will lead to both meaningful and gainful employment, there is no better place to look at what is in demand than on Emploi Quebec's headingforsuccess.com website.

Because there are so many different trade programs available but not all of them are hiring in every region, the government has streamlined the system so that all you need to do is click on your region to discover what is in demand and where it can be studied.

Granted, at the moment the Cree School Board is doing everything it can to provide technical training in all of its regions in fields that are in demand. However, there is also a demand for people in select fields like registered nurses or butchers and meat cutters for retail or wholesale industries and the only places to study in these fields at present is by going south.

When this situation arises and individuals have both the requirements to get into the programs and the drive to complete them, the Cree School Board can sponsor individuals to move to a city centre in order to take these courses.

"They do not get funding if the program is offered in the Cree communities but they can come

in the south and study if it is not offered there," explained Louise Ostiguy of the Cree School Board in Montreal. "We can sponsor them as long as it is a course that is recognized by the Ministry of Education."

By "recognized," she means whether a course is a formalized program offered by the province such as DEC or a Baccalaureate, a Masters degree or any other variety of course that is recognized by the ministry.

If you are interested in heading south to study a recognized program, just about everything you need to know is already on the Cree School Board website, posted under pedagogical services under post secondary services. The only possible snag to the deal is that funding is contingent on whether a student passes their course.

"We check to see if they are succeeding in their courses, and we have to make sure that they succeed because there is money attached to it and if the student does not do their job as a student we can't sponsor them any longer," said Ostiguy.

On the following page is a list of just a handful of some of the many fields of employment that are in demand in the Northern Quebec region.

MUCH MORE, IN JUST 1 YEAR!

Québec Parental Insurance Plan



Implemented one year ago, the Québec Parental Insurance Plan has made it easier for parents to balance work and family life.

More generous

More than \$817 million paid to more than 97,600 parents

Average benefits went from \$325 to \$450 per week

More accessible

Close to 3,900 self-employed workers receive benefits

More flexible

Two options as to the duration of leave

More for dad

More than 35,800 fathers receive benefits

More advantages, more positive repercussions for society, and more happy parents. To find out more, visit the Plan's site at www.rqap.gouv.qc.ca or call 1 888 610-7727.



Québec 

• Ministère de l'Emploi et de la Solidarité sociale
• Conseil de gestion de l'assurance parentale

Nursing:

Nursing is one of the most in-demand professions in North America. So, if you are interested in travelling or if you want to care for your community to a whole new level, nursing is a great way to go. And, for as much as doctors may come in and perform great feats, very little of what they do could happen without the aid of a nurse as they are the first level of patient treatment, making them absolutely indispensable to the health-care system.

In Quebec, nursing is offered as a three-year technical training program at various CEGEPs. The three institutions that offer this program are Dawson College and John Abbott College, both located in Montreal, and at Heritage College in the Outaouais region. Though nursing is not exactly a career for everyone as it is both physically and intellectually demanding, those who are a good fit for the trade will have limitless employment possibilities and according to Emploi Quebec the average nurse in the province makes approximately \$43,000 annually. For more program information go to:

<http://www.cegep-heritage.qc.ca/Programs/Nursing/nursing-intro.htm>

<http://dc37.dawsoncollege.qc.ca/nursing/>

<http://www.johnabbott.qc.ca/?BC74155A-5523-4ADD-A38D-867348FEE4F5>

Drafting Technologists and Technicians (Draftsman):

If you are the kind of person who has a flair for design in a technical sense, like to draw both freehand and on computer-assisted programs, are mathematically inclined and meticulous, there are plenty of positions opening up in Northern Quebec for drafting technologists and technicians. They are the folks who prepare engineering designs, drawings and related technical information, in multidisciplinary engineering teams or in support of engineers, architects or industrial designers, or they may work independently. With a certificate in this field graduates can expect to be employed by consulting and construction companies, utility, resource and manufacturing companies, all levels of government and by a wide range of other establishments. The only English programs available in Quebec are offered at Vanier College and at the West Island Career Centre and both offer three-year DEC programs. According to Emploi Quebec, the average drafting technologists and technicians earn approximately \$36,000 and the job prospects are excellent all over the province.

For more information on the individual programs go to:

<http://www.vaniercollege.qc.ca/academics/bset.html>

<http://www.pearsonskills.com/wicc2/infoprograms.asp>

heading for success

Butchers and meat cutters, for retail and wholesale:

If you have a propensity for both meat and knives, are hyper-conscious about cleanliness and have an interest in nutrition, why not become a butcher? The job is frequently autonomous, and requires some heavy lifting but for those that like the idea of de-boning meat with razor-sharp knives, slicing cutlets to perfection and making neighborly suggestions on how to cook that fresh cut roast to customers, the job can be heaven. The butcher / meat cutter trade has only been available in English in Quebec since 2004 when a 900-hour program opened up at Centre de formation FG/FP Pearson in Montreal. The job prospects for this trade are fantastic in just about any region in the province and graduates from this program can work in a slaughterhouse, a supermarket, a butcher shop or meat-processing plant. The average salary for a butchery specialist is between \$24,000 and \$27,000. For more info on this specific trade and the school go to:

www.clickvoc.qc.ca/butchery.html or call (514) 363-6213.

Early Childhood Educators and Assistants:

If you like young children and have the energy to run around after them full time, why not consider a career as an early childhood educator or a teacher's assistant. This field entails planning activities for preschool-age and school-age children to help them learn and stimulate their developing minds. Offered at both Vanier College in Montreal and Heritage College in the Outaouais region, this course is designed to equip you with all of the necessary skills to work in child-care centres, kindergartens, nursery schools and centres for exceptional children as a day care worker, co-ordinator or assistant. Both programs are offered as three-year DEC programs and the average person in this field makes approximately \$20,000, according to Emploi Quebec.

For more information on the individual programs go to:

www.cegep-heritage.qc.ca/Programs/ECCE/ECCE_Program.htm

www.vaniercollege.qc.ca/academics/ece.html

Bénic Sport

Sales • Repairs • Parts • Accessories



[MX Z]

Positioned to make you a better rider

Welcome • Wachiya • ᐅᐱᐱ

Tel: 1-819-825-5822 • Fax: 1-819-825-9252

Toll Free: 1-877-925-5922

50, 3e Avenue Val d'Or, Qc



PETRONOR

Distributor of petroleum products and lubricants in all the James Bay Territory.

Services:

Delivery of petroleum products in bulk,
Aviation fuel, Rental of movable tanks

Products:

Unleaded gas, Clear and colored diesel,
Stove oil, Jet-A, 100LL and Lubricants

Addresses:

www.petronor.ca

Radisson Depot:

Tel: (819) 638-8222 Fax: (819) 638-7107

La Grande Rivière Airport:

Tel: (819) 638-4547 Fax: (819) 638-4547

EM-I Construction Site:

Tel: (819) 865-2045 Fax: (819) 865-2039

Chisasibi Gas Station:

Tel: (819) 855-2427 Fax: (819) 855-3462

Administration Offices:

Tel: (819) 824-5505 Fax: (819) 824-5420

RIDE THE BEST.



OUTLANDER

MECANIQUE SPORTS PLUS

942, 3e RUE CHIBOUGAMAU QC

G8P 1R6

418-748-1155

can-am
THE ULTIMATE RIDE™



CAN-AM.BRP.COM

©2006 Bombardier Recreational Products Inc. (BRP). All rights reserved. ®™ and the BRP logo are trademarks of Bombardier Recreational Products Inc. or its affiliates. In the USA, the products are distributed by BRP US Inc. BRP reserves the right, at any time, to discontinue or change specifications, prices, designs, features, models or equipment without incurring any obligation. Some models depicted may include optional equipment. BRP highly recommends that all ATV drivers take a training course. ATVs with engine sizes of greater than 90cc are recommended for use only by those aged 16 and older. ATVs can be hazardous to operate. Make sure that all laws, regulations, and BRP's warnings/recommendations for ATV passengers are respected. Never carry passengers on any ATV not specifically designated for such use. Outlander MAX ATVs: These ATVs are recommended for drivers aged 16 and older, and passengers aged 12 and older.



OUTLANDER 650 H.O. EFI XT 4x4



OUTLANDER 400 H.O. XT 4x4



OUTLANDER MAX 400 H.O. XT 4x4



OUTLANDER MAX 650 H.O. EFI XT 4x4



OUTLANDER 500 H.O. EFI XT 4x4



OUTLANDER MAX 500 H.O. EFI XT 4x4



OUTLANDER 800 H.O. EFI XT 4x4



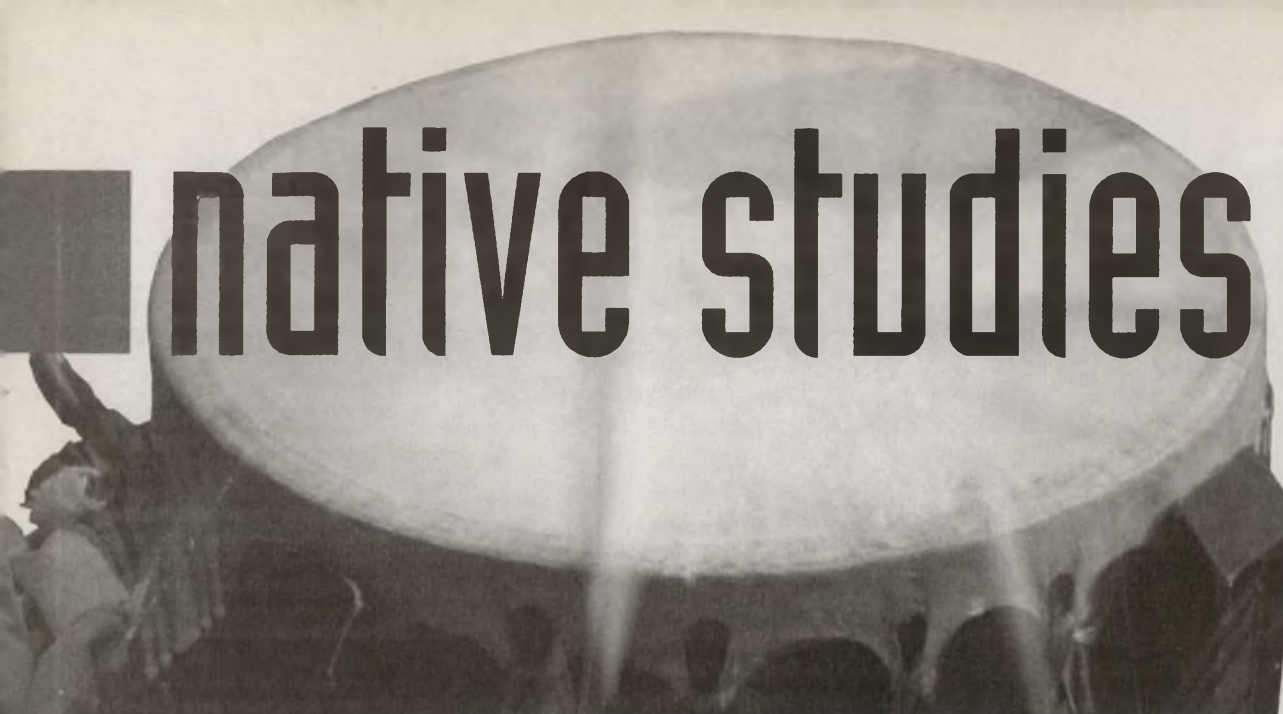
OUTLANDER MAX 800 H.O. EFI XT 4x4



OUTLANDER MAX 800 H.O. EFI LTD 4x4

The Can-Am™ Outlander™ family boasts:

- > The most powerful engine in each respective class
- > Superior versatility
- > Best overall handling
- > An optional XT package with an impressive lineup of factory-installed options.



native studies

by Amy German

Education Special

It's one thing to be an expert on your own culture but it's something else altogether to have a university degree in Native or Aboriginal studies. In Quebec, unfortunately, the only available program is the Certificat en études autochtones at Université Laval in Quebec City (in French). What's more, the studies are not specific to Canada's First Nations but examine all the indigenous peoples of the Americas, north and south. This is not to say that the certificate isn't worth pursuing, but it's not like various programs available in other provinces. For more info on the Université Laval program go to: www.ant.ulaval.ca

Should you want to study Canada's aboriginal people in a university setting in English here, there are courses available at Montreal's Concordia University. The only snag is that the courses are merely electives that you can take to complement any variety of degree you are already doing and the courses will not lead to any variety of certificate nor is the program available as a minor. For more information on Concordia's Native Studies cluster go to: artsandscience.concordia.ca/inte/elective_groups.cfm?ElectiveGroupID=12

If you are looking to pursue a degree in Native studies that feature Cree culture or language, there are but a few institutions in the entire country that offer such types of classes. The closest is the Native Studies Program at Laurentian University in

Sudbury, Ontario.

The program available at Laurentian offers leads to a three-year general Baccalaureate and a four-year specialized B.A. This program is designed to promote understanding of diversity within Canada's Native peoples and their traditions, explore the history of Native peoples and closely examine the many issues that Canada's First Nations people presently face. Ultimately their goal is to reflect Canada's Native peoples with a focus on the Cree and Ojibwe First Nations. Should you visit their website you may also recognize the name of Dr. Emily J. Faries. She was featured last November in *the Nation* and is also largely responsible for the present history textbook being used by the Cree School Board. According to their website, most of the Native Studies courses are also available through distance education. For more information on this program go to:

www.usudbury.com/EN/Departments/Native_Studies/Native_Studies.html

The University of Saskatchewan offers a Native studies B.A. with honours. The program has existed since 1982 and its aim is to graduate students who are capable of effectively researching in and for Aboriginal communities. They use a three-tier approach consisting of local, national and global perspectives in the study of Aboriginal societies. There are a number of courses that deal with Cree



SABTUAN REGIONAL VOCATIONAL TRAINING CENTRE

1 ELDER DAVID NEEPOSH STREET, WASWANIP, QC., JOY 3C0
 TEL: (819)753-4040; (819)753-2636
 FAX: (819)753-2640
 TOLL FREE: 1-866-921-4040

DRILLING AND BLASTING TRAINING REGIONAL PROGRAM

Type of Training	Vocational Diploma recognized by MELS and CCQ
Sponsor	Sabtuan Continuing Education of CSB in Mistissini
Purpose	To provide training to Cree candidates to qualify them to work as Apprentice Drillers and Blasters
Number of Trainees	Maximum of 12
Recruitment	To be chosen by the Education Consultants and CHRD agents within every community
Duration of Training	900 hours
Training Institution	Centre de Formation de la Jamésie in collaboration with the Cree School Board
Instructors	Qualified Instructors provided by Le Centre de Formation de la Jamésie
Training Locations	Chibougamau
Start Date	First week of March
End Date	October 5th, 2007
General Objectives	To develop skills and competency levels that are required to safely perform tasks as Driller Operators and in the handling of explosives. To acquire attitudes and performance levels that are necessary to integrate into the construction industry.
Expected Training Outcome	1. Upon successful completion of the program, the participants will receive a Diploma emitted by the MELS. 2. Participants will be qualified to operate drilling machinery and safely handle explosives.
Pre-Requisites	♦ 18 years old at the time of registration ♦ Sec. 4 or GDT with Sec. 4 math and Sec. 2 first language ♦ Mature, capable of being away from home for several weeks at a time ♦ Good health ♦ Absence of any criminal record (Official papers from the SQ is obligatory to register, contact the SQ for details)

For more information on the content of the program, please call Matthew Iserhoff at 418-923-2764 ext. 323 or e-mail him at: miserhoff@cscree.qc.ca

culture and language. For more information go to: www.usask.ca/Nativestudies/

Next up, the University of Alberta has its own faculty of Native studies and the university offers not only a B.A. in Native studies and an honours program but also offers two other very interesting five-year programs. The combined degrees are the Bachelors of Education five-year Combined Degree Program and the Bachelor of Science in Environmental Conservation Sciences/Bachelor of Arts in Native Studies Combined degree. Cree language is a focus in the program along with a great deal of history and political issues facing Canada's aboriginal peoples. For more information visit:

www.ualberta.ca/NATIVESTUDIES/

Of course, if you want to study Canada's First Nations intensively or obtain a B.A. in Cree Language, there is one institution in Canada that offers it all: the First Nations University of Canada in Saskatchewan. There is no other university in Canada that offers such a comprehensive focus on Canada's First Nations people. It not only offers an Indigenous Studies program leading to a B.A. but also a multitude of other disciplines. At First Nations University you can study anything from a Cree language honours program to a First Nations Masters Degree in Business Administration to a Certificate in Indian Health Studies. There's much more besides. This one institution provides the corner stone on specialized programs with First Nations people in mind. For more information:

www.firstnationsuniversity.ca/default.aspx?page=5

The University of Lethbridge in Alberta offers a Native American Studies program that features a BA major and a Special Case Masters. On their website they boast that, "All of the classes in Native American Studies are taught from the Native perspective," which makes them one of the most sought-after programs in Canada. There are courses available in Cree and the program is not specific to Canada's First

Nations people but also to those in the United States. For more information go to:

www.uleth.ca/fas/nas

Other universities in Canada also offer various types of Native studies:

Cape Breton University in Nova Scotia offers a unique Mi'kmaq Studies program featuring both a major and minor in Mi'kmaq Studies and various other programs with a focus on the Mi'kmaq people. mrc.uccb.ns.ca/courses.html

The University of Northern British Columbia also offers a First Nations Studies program with both B.A. and M.A. programs and certificates in both Aboriginal Health Sciences and First Nations Language. www.unbc.ca/firstnations/

The University of Toronto has offered a Native Studies Program from which students can graduate with a B.A. specialist, major and minor. Their focus is on the languages, cultures, histories, creativity and wellbeing of the indigenous peoples in Canada and globally: www.utoronto.ca/abs/

Trent University in Peterborough, Ontario, offers a B.A., an M.A., and a Ph.D. program in Native Studies along with programs in Native Management and Economic Development, and Indigenous Environmental Studies.

www.trentu.ca/academic/Nativestudies/

McMaster University in Hamilton, Ontario, offers an Indigenous Studies program in which students can graduate with a three-year Combined B.A. in Indigenous Studies degree in conjunction with another subject or obtain a B.A., M.A. or Ph.D.

www.mcmaster.ca/indigenous/default.htm

Lastly, the University of Victoria offers various interesting programs, including a Certificate in the Administration of Indigenous Governments, an M.A. program in the same field and various other programs.

web.uvic.ca/calendar2004/FACS/InPr/ISPr.html



SABTUAN REGIONAL VOCATIONAL TRAINING CENTRE

1 ELDER DAVID NEEPOSH STREET, WASWANIP, QC., JOY 3C0

TEL: (819)753-4040; (819)753-2636

FAX: (819)753-2640

TOLL FREE: 1-866-921-4040

ORE EXTRACTION REGIONAL PROGRAM

Type of Training	Vocational Diploma recognized by MELS and Mining Association
Sponsor	Sabtuan Continuing Education of CSB in Mistissini
Purpose	To provide training to Cree candidates to qualify them to work in mines as Ore Extractors
Number of Trainees	Maximum of 12
Recruitment	To be chosen by the Education Consultants and CHRD agents within every community
Duration of Training	930 hours
Training Institution	Centre de Formation de la Jamésie in collaboration with the Cree School Board
Instructors	Qualified Instructors provided by Le Centre de Formation de la Jamésie
Training Locations	Chibougamau
Start Date	February 2007
End Date	November 2007
General Objectives	To develop skills and competency levels that are required to safely perform tasks as Mine Drillers/Extractors and in the handling of explosives. To acquire attitudes and performance levels that are necessary to integrate into the mining industry.
Expected Training Outcome	1. Upon successful completion of the program, the participants will receive a Diploma emitted by the MELS. 2. Participants will be qualified to work in mines as Drillers/Ore Extractors and to safely handle explosives.
Pre-Requisites	♦ 18 years old at the time of registration ♦ Sec. 3 or GDT ♦ Mature, capable of being away from home for several weeks at a time ♦ Good health ♦ Absence of any criminal record

For more information on the content of the program, please call Matthew Iserhoff at 418-923-2764 ext. 323 or e-mail him at: miserhoff@cscree.qc.ca

Sabtuan Continuing Education also offers the program "Starting a Small Business" that you can take online with Heritage College. Please contact Matthew Iserhoff for more information.

Northern CEGEP adapts programs to Native cultures

by Amy German

Education Special

If you've ever dreamed of getting a post secondary education but you felt that there were no CEGEPs that were feasibly adapted to the needs of aboriginal people coming from the north, your luck has just changed.

The province announced January 19 that the Cégep de l'Abitibi-Témiscamingue would be receiving an annual grant of \$200,000 for the purposes of a new education program adapted to the specific needs of Aboriginals in the Abitibi-Témiscamingue and Nord-du-Québec regions.

New programs are going to open up in both French and English that will be entirely geared to Native cultures. They include upgrading courses, intellectual and practical skill development courses, as well as courses in pre-university and technical programs.

Cree students will finally have the chance to catch up in areas where they may be lacking so that they may take on a university degree should they desire to do so or even choose to take one of the many career programs offered at Cégep de l'Abitibi-Témiscamingue. Once any student completes the new four-semester program geared towards them, they will have the ability to take any

course that they desire.

"College education opens many avenues for young people, especially in the regions, but so few Aboriginal students enrol," said Minister of Education, Recreation and Sports Jean-Marc Fournier. "We must help them integrate, guide them, if necessary, and provide support so that they can complete a program of studies and thereby be better equipped to take advantage of job market opportunities."

With the Cégep de l'Abitibi-Témiscamingue already significantly contributing to the economic development of the region since its inception, this new program will enhance the available manpower in the Northern Quebec Region.

The government also announced last October that they would be investing \$3.8 million in the Université du Québec en Abitibi-Témiscamingue (UQAT) for the construction of a First Nations building in Val-d'Or.

With the enhancement of both of these Abitibi-Témiscamingue educational institutions so to accommodate the needs of First Nation's students, there are no doubt brighter economic futures in store for those willing to take on the challenge.



**Healthy
Living**

Nourish the body and
stimulate the senses with
Healthy Living recipes!

Many people in Eeyou Istchee have Diabetes, or know of someone who does. Quite often this can be someone they love. We know that healthier food choices are important, but let's face it, sometimes they can border on boring. Well, not anymore! Each month *the Nation* will feature a delicious meal that keeps in mind the importance of health maintenance but does not forget rich and hearty satisfaction.



Four-Pepper Pasta Ingredients

1 ea.	red bell pepper, cut into 1-inch chunks	120 ml
1 ea.	green bell pepper, cut into 1-inch chunks	120 ml
1/2 cup	sliced red onion	100 ml
2 tsp.	extra-virgin olive oil	10 ml
1 tsp.	garlic powder	4 ml
2 tsp.	jalapeno peppers, chopped	10 ml
1/4 tsp.	cayenne pepper	1 ml
1 dash	salt	0.5 ml
2 cups	cooked pasta	1000 ml

Directions

1. Set the oven to broil. Place the red and green bell peppers and the red onions in a small bowl. Add the oil and toss until each piece is lightly coated with oil.
2. Arrange the peppers and onions on the broiler pan. Broil until thoroughly roasted or until vegetables are slightly singed with black.
3. Spray a medium skillet with non-stick cooking spray and heat over medium-high heat. Add the garlic and jalapeno peppers, stirring quickly. Add the broiled peppers and onions. Sprinkle cayenne pepper and salt over the vegetables and heat thoroughly, about 2 minutes.
4. Add the cooked pasta to the skillet and toss with the vegetables until well mixed.

TIPS: Impress your Valentine by using spinach or whole wheat pasta for added colour and heart-smart flavour.

Nutritional Analysis per serving (1/2 recipe):

Calories: 283	Carbohydrate: 54 g
Fat: 6 g	Dietary Fibre: 9 g
Cholesterol: 0 mg	Sugars: 9 g
Sodium: 149 mg	Protein: 10 g



Northern

Cégep de
l'Abitibi-Témiscamingue

*Studying in Val-d'Or,
naturally!*



*At the Val-d'Or Campus,
you may register for:*

Programs offered in French:

- Accueil et intégration
- Soins infirmiers
- Sciences de la nature
- Sciences humaines,
profil avec mathématiques
- Sciences humaines,
profil sans mathématiques
- Techniques de comptabilité
et de gestion

Programs offered in English:

- Acces to College

*Applications must be completed
online through the SRAM at:*

➤ <http://sram.omnivox.ca>

before March 1st, 2007

For information :

- **SERGE DEMERS**
Academic advisor
Development agent
(819) 874-3837 extension 218
- **Fax :** (819) 825-4340
- **E-Mail :** serge.demers@cegepat.qc.ca

www.cegepat.qc.ca

INKING THE DEAL. From left to right are: R. David Russell, President and Chief Executive Officer for Apollo Gold Corporation and Chief Dave Babin, Wahgoshig First Nation.



Wahgoshig First Nation signs gold mine deal

by Xavier Kataquapit

A golden opportunity has been announced with an agreement between Wahgoshig First Nation in Northern Ontario and the Apollo Gold Corporation.

Representatives from Wahgoshig and Apollo Gold, a major gold mining and exploration company, signed a Memorandum of Understanding (MOU) to establish a new working relationship at the First Nation administration office on January 23.

The agreement provides a framework for communications and interim benefits for the First Nation with the development of the Black Fox project. The project is an early-stage gold mining initiative by Apollo Gold Corporation located 10 kilometres east of Matheson, Ontario. It is situated on lands over which Wahgoshig First Nation has asserted treaty and aboriginal rights.

"This is a great day for Wahgoshig First Nation and I congratulate their leadership and the representatives from Apollo Gold for their hard work and effort in making this possible," said Shawn Batise, Executive Director of the Wabun Tribal Council. "Other companies need to take note of the developments that are happening here in Wahgoshig First Nation. Our First Nations need a sense of ownership and a share of the benefits that are taken from their lands."

Wahgoshig Chief Dave Babin is hopeful that this initial signing will be the start of a beneficial relationship between his community and Apollo Gold.

"It feels good to know that a major corporation such as Apollo Gold is developing a working relationship with our community and taking an interest in the issues that are affecting our people," said Chief Babin. "We have a large youth population in our community and our hope for the



GIFTS WERE EXCHANGED in First Nation tradition during the signing of a Memorandum of Understanding between Wahgoshig First Nation and Apollo Gold Corporation. From left to right are: Richard F. Nanna, Senior Vice President, Exploration and Development, Apollo Gold; Ryan Loughheed, Project Manager, Apollo Gold; R. David Russell, President and Chief Executive Officer for Apollo Gold; Elder Noel Diamond, Wahgoshig First Nation; Chief Dave Babin, Wahgoshig FN; Maurice Kistabish, Head Negotiator for Wahgoshig FN and Shawn Batise, Wabun Tribal Council.

FIRST NATION DELEGATES were on hand to witness the signing of the Memorandum Of Understanding between Wahgoshig First Nation and Apollo Gold Corporation. Picture from left to right are: R. David Russell, President and Chief Executive Officer for Apollo Gold; Deputy Grand Chief Alvin Fiddler, Nishnawbe-Aski Nation; Elder Noel Diamond, Wahgoshig First Nation; Shawn Batise, Executive Director, Wabun Tribal Council and Chief Dave Babin, Wahgoshig FN.



“Wahgoshig First Nation leadership worked hard to establish a good relationship with Apollo Gold and now they will be able to negotiate meaningful benefits for their First Nation.”

Black Fox development is that it will create employment and other opportunities for our young people.”

Deputy Nishnawbe-Aski Nation Grand Chief Alvin Fiddler gave credit to the leadership of Wahgoshig First Nation and noted that this is a good example of First Nations becoming more involved in what happens on their territories.

“Wahgoshig First Nation leadership worked hard to establish a good relationship with Apollo Gold and now they will be able to negotiate meaningful benefits for their First Nation,” said Fiddler.

The Black Fox Project is currently in a feasibility study stage with a projected start to actual development scheduled for early 2008. The company is planning on the creation of an open pit mine combined with underground mining and an onsite milling facility. The project is expected to generate a mining facility that will process 1,500 long tonnes per day.

R. David Russell, President and Chief Executive Officer for Apollo Gold Corporation, was on hand to sign the agreement and meet with community representatives.

“This Memorandum of Understanding is an important document that will lay out the future development of the Black Fox Project,” said Russell. “We believe that it is important that we develop positive relationships with the communities we are working with in relation to our mining projects.”

The Apollo Gold delegation also included Richard F. Nanna, Senior Vice President, Exploration and Development. He explained that part of the development of exploration projects includes the participation of local people who will be affected.



A SIGN OF FRIENDSHIP was symbolized by the exchanging of gifts of artwork between representatives from Wahgoshig First Nation and Apollo Gold Corporation. From left to right are: R. David Russell, President and Chief Executive Officer for Apollo Gold Corporation and Chief Dave Babin, Wahgoshig First Nation.



JAMES BAY CREE TELEPHONE BOOK 2007 Meegwetch!

We here at **Beesum Communications** would like to take this opportunity to **thank everyone who generously contributed** to updating the new Cree phone book. We could not have done it without you!

Special thanks go out to the Band Council representatives who graciously compiled and updated community telephone listings. Your dedication and hard work is greatly appreciated.

The 2007 Phone Books are in!
Please pick up your copy at your community band office.

Please make Cheque or Money Order for

\$20.00

(This includes Shipping & Handling)

To:

Beesum Communications
4529 Clark St., bur. 403
Montreal, Qc, H2T 2T3

Please fill in and return with payment:



Order Form

I would like _____ copies of the **JAMES BAY CREE PHONE BOOK** at \$20.00 each.

Name: _____

Address: _____

Postal Code: _____ **Tel:** _____



THE HEAD TABLE at a signing event held in Wahgoshig First Nation included representatives from Wahgoshig First Nation and Apollo Gold Corporation. Pictured from left to right are: Ryan Lougheed, Project Manager, Apollo Gold; Richard F. Nanna, Senior Vice President, Exploration and Development, Apollo Gold; R. David Russell, President and Chief Executive Officer for Apollo Gold; Chief Dave Babin, Wahgoshig First Nation and Maurice Kistabish, Head Negotiator for Wahgoshig FN.

"It is good that we have the local community participate in developments that will affect their future. A good relationship with the community can only mean benefits for both parties in the creation of these projects," said Nanna.

Part of the process in permitting development of a mine site in Ontario includes conducting meaningful consultations with First Nations. Apollo Gold started communications with Wahgoshig First Nation in August 2004 to negotiate land issues and benefits.

Ryan Lougheed, Project Manager, Apollo Gold has been actively involved in developing the agreement. "The Black Fox Project will provide the community of Wahgoshig First Nation the opportunity for training and employment as well as local community development. Our company will also benefit by being able to tap into a local labour force and additional resources that the First Nation has to offer such as equipment operators and assistance with lands and resources issues," said Lougheed.

Once the Black Fox Project is ready for production, new negotiations will establish an Impact Benefit Agreement (IBA). IBA negotiations will include such topics as employment, training, business opportunities and financial compensation.

Also attending the event was Maurice Kistabish, Head Negotiator for Wahgoshig First Nation and Doris Odjick, Economic Development Programs Officer, Indian and Northern Affairs Canada (INAC), Thunder Bay.



ARTWORK FEATURING NATIVE THEMES were part of a gift exchange between delegates during the signing of the Memorandum Of Understanding between Wahgoshig First Nation and Apollo Gold. Picture from left to right are: R. David Russell, President and Chief Executive Officer for Apollo Gold Corporation and Chief Dave Babin, Wahgoshig First Nation.

There are limits to what you can give.

**As of January 1, 2007, only individuals
can make federal political donations.**

- As a Canadian citizen or permanent resident of Canada, you can give up to \$1,100 in total per year to each registered party.
- In addition, you can give up to \$1,100 in total per year to the registered associations, nomination contestants and candidates of each registered party.
- You can give up to \$1,100 in total to the contestants in each registered party leadership contest.
- You can also give up to \$1,100 per election to each independent candidate.
- You can no longer make a cash donation of more than \$20.
- Corporations, trade unions, associations and groups can no longer make political contributions.

For more details on these and many other important changes to the *Canada Elections Act*, click on the *Federal Accountability Act* box at www.elections.ca or call 1-800-463-6868.



TTY 1-800-361-8935

for persons who are deaf or hard of hearing



Automne 2007

PROGRAMMES UNIVERSITAIRES pour les **PREMIÈRES NATIONS**

**CERTIFICAT EN ADMINISTRATION
CERTIFICAT EN GESTION
DES RESSOURCES HUMAINES**

*Offerts à temps complet en français
au campus de Val-d'Or
à l'automne 2007*

Certificats offerts à temps partiel dans les communautés si le nombre d'étudiants est suffisant (certificat en administration, certificat en sciences comptables, certificat en intervention auprès des groupes et en gestion, etc.).

LES SERVICES AUX ÉTUDIANTS AUTOCHTONES :

- Aide à la réussite
- Aide psychosociale
- Bourses d'études
- Références aux services communautaires et universitaires
- Salon des Premières Nations

Université du Québec
en Abitibi-Témiscamingue



Date limite d'admission : 1^{er} mars 2007
Application deadline: March 1st, 2007

Information

Janet Mark

819 874-3837 # 338
Sans frais — Toll free :
1 866 891-8728 # 338
janet.mark@uqat.ca

www.uqat.ca

Fall 2007

UNIVERSITY PROGRAMS for **FIRST NATIONS**

**CERTIFICATE IN ADMINISTRATION
CERTIFICATE IN HUMAN
RESOURCES MANAGEMENT
BACHELOR OF SOCIAL WORK**

*Offered full-time in English
at the Val-d'Or campus
in the Fall of 2007*

Part-time certificate programs offered in communities if the number of registered students is sufficient (Certificate in Administration, Certificate in Accounting, Certificate in Group Intervention and Management, etc.)

FIRST NATIONS STUDENT SERVICES :

- Strategies for success
- Counselling services
- Scholarships
- Referrals to community and university services
- First Nations Lounge

*Depuis 2000, la population étudiante autochtone est en croissance constante à l'UQAT.
Since 2000, the aboriginal student population at UQAT has grown steadily.*

NORTH WEST COMPANY EMPLOYEES RUN DIABETES MARATHON

Why would someone who has never run or walked distances before sign up to do a marathon? For 17 brave souls who made up the North West Company's Team Diabetes contingent at the 2006 Honolulu Marathon on December 10, 2006, the reasons were many, and personal.

Diabetes is a disease that hits many communities hard, and the Aboriginal community has one of the highest rates of diabetes in the country. Many team members come from communities and families where diabetes has made a dramatic impact. Training for a marathon is difficult for anyone, but for these runners and walkers, training was even more of a challenge. With many hailing from remote northern communities like Iqaluit or Arctic Bay in Nunuvut, Chisasibi in Northern Quebec, training conditions were less than ideal with poor roads and sub-zero temperatures being the norm.

"At the North West Company, we recognize the impact diabetes continues to have, especially in the north, so we set out to find a way to help," said company president and CEO, Edward Kennedy. "Team Diabetes Canada was the perfect fit."

For team members like Brent Bowen and Norman Howard of Chisasibi, the long months of training were all worth it. Neither employee of the North West Company had ever run, but both signed up for the program.

Bowen cites personal health concerns as a primary motivator. He started 2006 at 330 pounds and diabetes appeared on both sides of the family. "The training program started 18 weeks before the race, but I started walking, and then running, in January," said Bowen.

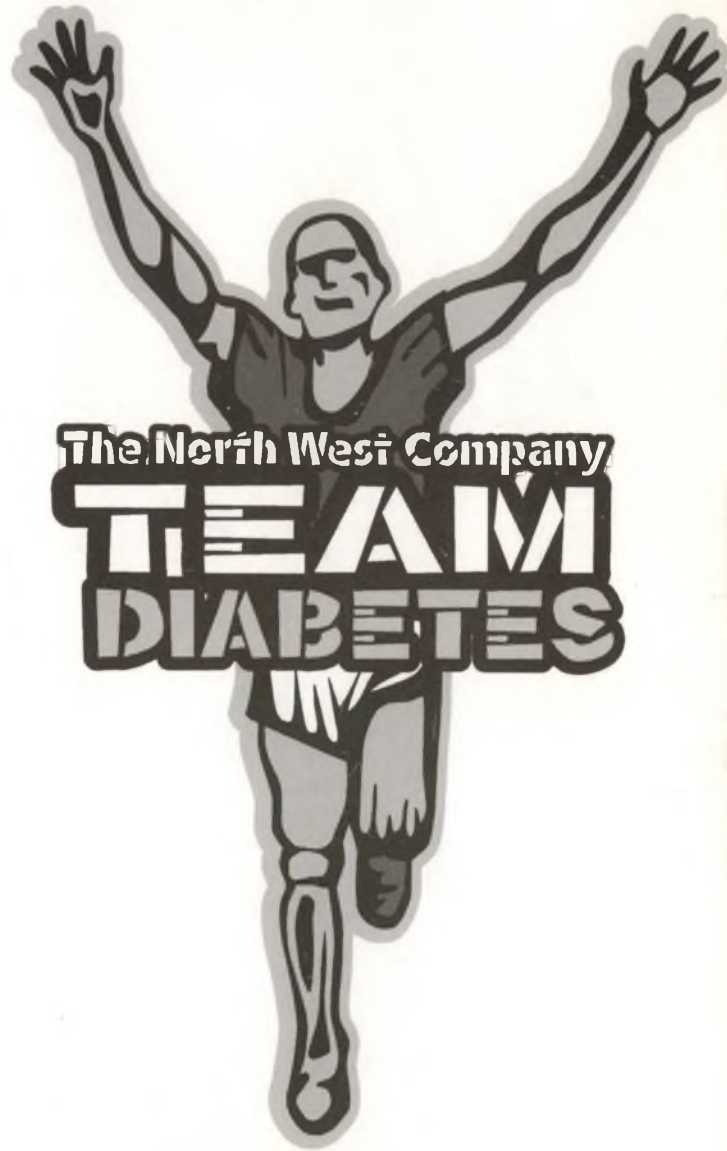
For Howard, the program was an opportunity to do something for members of his and his wife's families who lived with diabetes, as well as people in the northern communities he's visited. "It was something tangible and achievable. I knew I could do it. I felt like I was running for everyone."

Both Howard and Bowen, who had reached 257 pounds by December, battled the unfamiliar Hawaii heat to finish the race. Both hope to participate in the next Team Diabetes event and are proud of the buzz that's started in the community. "A lot of people have expressed an interest in taking the challenge," Howard noted, "so hopefully we'll have more people to run with next time."

Community awareness of the program grew as people saw the two local runners hitting the road.

"In the beginning we'd get the strangest looks when we were out running on the roads, but as people asked questions and became more aware of why we were out there the awareness was incredible," Bowen said. "By the end we were getting honks and cheers when we were running!"

Fundraising awareness grew too. Chisasibi, population 4,000, raised a staggering \$34,000 toward diabetes research.



by Joanne Veltri

Since the North West Company started their fundraising campaign in 2001, staff and customers have raised over half a million dollars toward diabetes research and support, making them the largest private contributor to the Canadian Diabetes Foundation. This year alone they raised over \$200,000.

The 2007 North West Company Team Diabetes promises to be even stronger, thanks to the commitment of the North West Company, employees like Brent Bowen and Norman Howard, and the communities they serve.



Air Creebec



Your travel choice!

Professionalism, discretion and reliability.



*For reservations, charters or information, call toll-free: 1-800-567-6567
Or visit our website at: www.aircreebec.ca*



UNDER THE NORTHERN SKY

All about babies

by Xavier Kataquapit

I met a new member of the family this past week. My younger brother Paul and his partner Theresa are proud parents of a new baby they named Lynniah Lacy Victoria Stephens. Lynniah was born at 8:48 am on January 19 and she weighed eight pounds and six and a half ounces. At birth she was 19 inches in length. Lynniah's older brother Liam will now have a playmate to spend time with.

Paul has always seemed to be a happy person. He has a perpetual smile on his face and in fact one of his childhood nicknames was Smiley. The day Lynniah was born, Paul was beaming with pride. Both parents are quiet people and it was no wonder that the new baby never made much fuss. In fact, in all the time I spent with Paul and his family, I never heard little Lynniah make a sound louder than a whimper.

I reminded Paul of all the crying nieces and nephews we looked after as teenagers for our older brothers and sisters. Paul has walked a crying baby to quiet them down as many times as I have. He is fortunate to have a content and happy baby with no troubles or complaints to cry about.

It was a bit odd for me to sit with my younger brother and to think of him as the father of a young boy, Liam, and now a baby girl. I have always imagined Paul as my little kid brother.

I have heard many older people from my family say that when you get to know people from the time they are young, you always see them in the same way, no matter how much time passes. It is getting harder for me now to imagine that the man who now stands about four inches taller than me and is built like a bull as being my younger brother.

I was four when Paul was born into our family in Attawapiskat. I can remember the day he arrived in our home for the first time. It was a warm summer day in August and there had been a lot of anticipation

of the event. When mom finally came home, many people were on hand to greet her and the new arrival. I can vaguely remember everyone surrounding the crib of a small baby. At the time I recall wondering what all the fuss was about and who this newborn was.

Paul was the last to be born in our family, so we all thought of him as the baby. My memories of him mostly surround the idea and perception that we all had to look out for him. Although he was perfectly capable, we all saw him as the little one who needed us older siblings to help him along. Sometimes, my brothers and sisters and I still feel that we have to keep looking out for our baby brother.

Even as we all grow older, I still imagine my family members in the same way I did as a boy. I still see my older brothers as great hunters, hard workers and older boys who could go where I could not. I have always felt that my two older sisters were far more knowledgeable and capable than I was.

In a time like this when a new baby arrives into our family, I realize how much everything has changed. We are all adults now and we are all capable in our own ways yet we still see each other as young boys. We have all changed independently but we still see each other as we were years ago.

Another saying I hear all the time is that everyone grows up so fast. Well, this little baby makes me realize that this saying is very true. It seems like my nephews and nieces were babies just a short while ago. In fact, they are in their teens now.

So I thank baby Lynniah for reminding me about a couple of important things in life. Thanks are also due to Dr. Donald Pond, his assisting staff during the birth and the nursing staff of the Timmins and District Hospital for taking such good care of Theresa and little Lynniah. The world awaits her.

EMPLOYMENT OPPORTUNITY



Account Executive / Project Manager

This is a key position in our company. Dealing with our existing clients and developing new ones, the ideal candidate should possess a friendly energetic manner to represent the company.

Tasks include:

- ♦ Researching and writing proposals for clients and grants
- ♦ Meeting with existing clients to discuss current projects (ie. Presenting proofs and samples)
- ♦ Meeting with potential clients to present our portfolio (includes travel to Ottawa)
- ♦ Helping the client develop solutions for their communications needs
- ♦ Developing Beesum's marketing strategy along with making suggestions for promotional materials
- ♦ Working with the Project Manager and Art Director

Beesum mainly works for aboriginal clients and also specializes in native communications for non-aboriginal entities. Knowledge of First Nations peoples is an asset.

This position will also encompass some project management tasks such as overseeing certain projects from inception to completion. This includes logistics, delegation of tasks, managing of staff and freelancers related to the managed projects. This challenging position offers a chance to assume a degree of responsibility and to provide leadership.

Please forward résumé to Linda Ludwick at: linda@beesum-communications.com or fax at 514-278-9914.



**THE PLACE WHERE
YOU CAN FIND EVERYTHING;
ITEMS STARTING FROM
1\$ AND UP. CLOTHES FOR
THE WHOLE FAMILY!**

**350, 3E, CHIBOUGAMAU (QUEBEC) G8P 1N5
TEL.: (418) 748-4042 OU (418) 748-2442
TELEC.: (418) 748-4542**

More choices at the best price

The Nation

Cover date on magazine	Volume & Issue No.	Deadline to receive ad material
2007		
February 16	14-07	February 2
March 2	14-08	February 16
March 16	14-09	March 2
March 30	14-10	March 16
April 13	14-11	March 30
April 27	14-12	April 13
May 11	14-13	April 27
May 25	14-14	May 11

One vehicle for maximum coverage.

A prime choice to reach your target area, the 25,000 Cree of James Bay.

Don't be left behind; do as your competitors, invest in your business with an ad in the Nation.

For more information, please call 514-272-3077

CLASSIFIEDS

BIRTHS - 100

I would like to congratulate by brother, Thomas Bosum and his girlfriend police officer, Jennifer Thivierge on the birth of their beautiful daughter, Trinity Sarah Rain Bosum on January 5, 2007. I see in your eyes both that you are so proud to have your own bundle of joy. I believe you will be wonderful parents, because I saw the way you treated my little one Kelsey. I was right when I told you, Thomas, that Jen will have a baby girl because you were always around your nieces, it was just a guess. Lol. Welcome to the Bosum family little one. Lots of love and kisses (Weena)

I would like to congratulate my brother Daniel & his girlfriend Blanch Awashish on their birth of their beautiful twins Emma and Emily Ann on January 11, 2007. I am so happy to have twin nieces. I know you are great parents for your other daughters Megan & Kayla. There is so much to be thankful for, you've made everyone so excited in our family and we are so proud of you and we love you so much. Lots of love & kisses (Weena)

BIRTHDAYS - 101

I am a little late this year but here it goes: Casey Lee Mianscum will be turning a year older this year, Happy birthday to you. Happy birthday to you on January 25th, 2007. God Bless you on your day and everyday after this. Love always your Mom, Alex & Siblingsxxxx

At 4:10 A.M. on January 30th, 2007 my only daughter Amanda Lynn Mianscum will celebrate her 18th year. I am happy to have a daughter as lovely & beautiful like you. God answered my prayers when he gave you to me. I love you my darling and yes, you make me proud to be your Mom. Love always, you guessed, Mom, Alex, & Brothers.

On February 3rd, 2007 marks a special day. What that means is that it's my mother Winnie Bosum's Birthday. I ain't gonna say your age, I'm sure you wouldn't want me to tell anyway, but all I can say is that you've just passed twice my age... lol. Anyway, let this day be special for you, as you are mom. You are more than what a

mother is supposed to be, more specifically... You are the best mom, don't ever forget that. Everyday I thank God that I still have a mother & a father. There's nothing more I would ask. I miss hanging around with you, Luv your son in Nemaska, Joshua Bosum.

We would like to wish a Happy Birthday to this very special person...Frank Atsynia on January 14. and many more to come...with love Deborah and Children XOX

Happy 4th birthday to Charlotte Matthew on January 19. You are growing up so fast. We enjoyed your birthday party - it was fun, thank you for inviting all of us. You're such a sweet child and may the good Lord bless you and keep you safe throughout your childhood. May you have fun starting school this summer and enjoy what you learn - teach your grandma what you learn....teach her to sing. Love you shalit'sh...From your godmother.

I would like to say, Hello to my Best Friend's Gary Lee Hester & Ryan Weistche..Hello, Guys...it's been a long time, that we didn't see each other...maybe oneday, hope..its real soon!! Happy New years & Many more tokes to come!!LOL...take Care...Buddy! Christopher...

I would like to send a special valentine's greetings to my girlfriend Natasha Happyjack and the mother of my children!...Natasha, it's me Christopher. I know, we've been through so much in our lives, but I just want to say...you mean the world to us, you give us love & happiness everyday! you cook the best meals and you do everything for us!! You are the mother of our kids, and you bring us happiness and laughter! Most of all, you are always the one being there for us through our up's and down's!! I want to thank god for, what you are doing to me, and our kids! I want to wish you, all the love in the world!!...We love you and we are proud of having you in our lives... happy valentine's {babes,mom}... and we all love you! love always: Christopher, Alyssia, Calsey, Toryn, baby boy Lazarus xox ps: Lazarus has promised to be well potty trained before daddy's birthday..

We would like to Congratulate Daniel Bosum & Blanche

Awashish on the birth on their twin baby girls Emma and Emily-Ann Bosum. Born on January 11,2007. They are sweet little Angels Gotta Love them!...We were all over them when u brought them home....Oh! and we did NOT forget about Kayla ...wanna wish her a HAPPY 1ST BIRTHDAY on January 24,2007.From: Darryl & Karen Hughboy...Curtis Tianna-Love.

I wanna wish my mom Ruby Wischee a Happy Birthday. She will be celebrating her day on January 24th. I want to thank you mom for everything you've done for me: words cannot express how much you mean to me. I love you mom, from your daughter, Shirley C. Moar

I want to take time to wish my friend,Margaret Cheezo a happy birthday on january 21,2007.I want to let you know that I didnt forget your birthday, and I wish that you will celebrate many more birthdays. Thank-you for your friendship and most all I wish you all the best. Fr. your friend all the way from (Wask) Mrs Jones. (Valerie)Friends are forever and I'm so glad you're mine .

Happy 19th birthday to Our daughter and sister Krista Jonah who will be celebrating her birthday on January 18 ,2007.I want to take time to wish you a happy birthday and most of all thank -you for cooking lunch and for cleaning the house while we are @work and school.PS hope u like your gift and we want you to know that we love you very much even tho you like to bug us sometimes. Sending our love and tons of kisses; Love Mom ,Dad Christina, Savannah, Douglas and one of your favorite little sista Camelia.(Wask)xoxoxoxoxoxo happy birthday and hope you'll have fun on special day!

Sending birthday greetings to my family 1st: my granddaughter Kaylin Jayda Hayley Kanatewat on January 31/07., my baby sister Claudine Kanatewat on February 1/07. & to her husband Allen Matoush on February 12/07. Claudine, hope you get a day-off from work so you can relax & stay home with your little one's. Love always your googoom, sister & sister-in-law Judy

We want to wish Happy Birthday to our cousins Russ Blackned on

February 12, and Darren Shecapio on February 15, 2007!..miss u guys...from King Kong and JoAnne.

Birthday Greetings going to my sister Mary Grace on February 7, 2007...This doesn't mean you can have a drink!! lol..love Johnny and Annie

Happy Birthday to Mary Grace Echum On February 7, 2007. GOD bless you! Love mom, Brenda, and brothers.

Happy Birthday to our other auntie 'Mawy Gwace' on February 7, 2007. Don't give too much cake to Autumn and Marilyn, save me some!..Love Jaedon N JoAnne.

Happy Birthday to my baby sister Lorna...Save me some of that cake!..Love from Johnny n Annie

Birthday Greetings going out to Lorna Blackned on January 31, 2007. GOD bless you! Love from mom, Brenda, Andrew, James and Garry.

Happy Birthday to our auntie 'Woona'(Lorna) on January 31, 2007...Hope you stop by again from Mc Donald's and leave me your drinks again!..Love you Woona xoxoxo..love JoAnne n Jaedon.

I want to wish Happy Birthday to my nephew Peter-Brian Kanatewat on January 28, 2007, who's going to college in Ottawa, Ont. Pete, I just want to say study hard & try not to play games so much...lol. I wish you the best in your studies agooda. I love you & miss you so much! Love auntie Judy

Sending a belated birthday greeting to my godchild/niece, who celebrated her 2nd birthday on January 13, 2007. Her name is Mikayla Selena Matoush A.K.A "Big Wah or Layla". Sorry Big Wah I couldn't celebrate your birthday with you, but I thought of you on your special day girl! I miss you so much always think about you every single day & I Love You Always Big Wah. Love your godmother/auntie Judy

Greetings going out to Rusty Mianscum. Instead of counting candles,contemplate your blessings,who love you, and who care, and others who've enriched your life just by being there. Think about the memories, passing years can never mar, experiences great and small,that have made you who

CLASSIFIEDS

you are. Another year is a happy gift, you make my life much better. The best father I know is you. You may have thought I didn't see, or that I hadn't heard, life lessons that you taught to me, but I got every word. Perhaps you thought I missed it all, and that we'd grow apart, but dad, I picked up everything, it's written on my heart. Without you, dad, I wouldn't be the gurl I am today I've grown up with your values, and I'm very glad I did. I'm happy you're my dad and so I want to say I love you, dad, and wish you a happy birthday dad! Many more to come! love always your eldest daughter Lorna.

I would like to wish my baby girl Jayda Mark a very Happy 1st Birthday on February 10, 2007. It seems like only yesterday I first held you in my arms, and already it's your birthday. I would just like to thank you for choosing me to be your mom, you saved me, you are my angel, and you will always be my baby no matter how old you get. Love always your mommy, Trudy.

Happy birthday to Howard Blueboy in Waskaganish on January 13th. Hope you have a good day and remember to sit down and relax...No Work eh! From the Gang at 19 Satellite, in Gatineau. PS. KayKay sends her oxoxox

We are sending very special birthday greetings to Priscilla BlueBoy in Waskaganish who celebrated her ?? birthday on January 8th, 2007. Best wishes and many more birthdays to come...Wish we were still back home to see you blow out all your candles...With Love KayKay, Marlana, Collin and Diane...PS. Thanks for having us over for the holidays...Take care and hope you come and visit sometime here in the city.

Happy 3rd birthday to our little brother Lazarus on January 12. enjoy your day! We love you even if u mess up our room sometimes. from your sisters Alyssia and Calsey.xoxo

Happy birthday to 3rd birthday to my son Lazarus Christian Happyjack on January 12. I love you very much my boy, you brighten up my day every morning. love mom (Natashah) xoxoxoxo

Happy belated brithday to Darius and Darcel Happyjack On jan 10 &

12,2007. That cake sure did teasted good. lol many more birthdays to come. From Zack, Nana, Troy, Jess, Ira Gunner's....lol

We would like to wish a Happy 7th Birthday to Norman-James Rupert on Feb.6 along with his mom, Nancy Rupert on the same day. May the both of you enjoy your special day! I will never forget the day that N-J was born. Take care you guys, see you soon! From Catherine and Jocelyne Wash.

7 yrs ago, I gave birth to a precious little chubby girl on February 21, 2000... The one that makes me smile everyday, that makes me proud with her achievements, That looks up to me, my strenght, my everything... My Beautiful little girl, Jocelyne Washipabano-Sam. I am so enjoying my motherhood with you my girl, I love you with all my heart & mommy will always be here for you. May you have lots of fun on your special day. Happy Birthday and Many More To Come! Love your friend & your mom Catherine!

I would like to wish a happy first birthday to my nephew's they celebrated their birthday 3 days apart..first is my god-son Jaylen Salt on Feb 2 and to Ronnie'sh Lameboy on Feb 5..I miss you both so much...hope you had a speacil day as you are..it's seems like only yesterday I saw you for the first time...you're growing up so fast...luv ya both so much! Sorry I wasn't there to enjoy your days with you...but I was thinking of you always in my heart..love auntie Louisa and cousin Daisy

Happy 16th Birthday to my wonderful friend Verona Trapper on January 30th. And a Happy Belated Birthday to my nerdiest friend Alexandra Gunner on January 1. From Caitlin (Crosby) Petawabano

Birthday greeting going out to my adorable grandniece Shalawna Georgia Angel Lameboy-Hester. On feb 1st she will celebrate her 3rd birthday. I hope you'll have fun on ur special day. I love you & in a very special way, u have touched my heart. with lots of love ur grandauntie: Barbs

PERSONALS - 300

To my dearest Beautiful woman Racheal Blacksmith I send this poem to you to know how I feel

about you. It's called "The Love in My Heart" I'll always love you, I'll always care for you. I'll always dream about you, I'll always miss you, I'll never go out with another girl. I'll always wait for you to come back to me. You're the only one I wish to be with. You're the only one I truly care about. You're the only one I truly love. You're the only one I can say "I LOVE YOU" to and truly mean it. You will always be in my heart no matter what happens in life. I can't live without you I can't live without your love. I can't be with another girl how I was with you. I can't love another girl how I loved you. I can't care about another girl how I cared for you. You're my one true love and you will always be in my heart. Just remember one thing I LOVE YOU I love you now and until I die. I will love you with all the love in my heart. Happy Valentines Day, From the one that loves you dearly:"SHEMAN33" in Montreal

To whom it may concern: last month, I wrote a letter in the Nation about my wife. I'm helping her find her biological father. I am not trying to separte marriages or hurt anyone, but again someone special in my life is hurting. We all need our mom & dad sometimes to tell us how much they love us, this must be hard for my wife, not having someone to lean on. It doesn't matter how old you are, you still need your parents; for example, my wife & I are 40 years old virgin couples. lol. my father used to tell me to respect our elders, which I do, but I think they should respect us to find the answer of something in the past. We should understand that alcohol was a little bit to much in the past for people. If we think of our youth today, how many out there do you think are lost & lonely, because there's no one to comfort them or to tell them they love them. Maybe this is why they do drugs & alcohol let me explain how I understand "forgiveness" it says in the bible to forgive each other, love one another. When you know you've offeded someone, you should

go see him/her and ask for thier "forgiveness". So if we forgive each other here on earth, God will also forgive us. You will have "peace" in your heart! I hope someone out there will understand. and another thing I really thank from the bottom of my heart, her half brothers & sisters for accepting her. Thank you very much, thank you all may God bless you all...James Neeposh

I would like to thank all the kind people in Waswanipi who have come forward and been so kind to me in the past few weeks. Your kindness, consideration and generosity of spirit is overwhelming, and something that will remain with me forever. I have lived here for almost five years, and now in one of my most saddest times, you have let me know how much you care. I wish you knew just how much I appreciate it. Rachelle Bretz - Ottereyes, Waswanipi.

PUBLIC SERVICE ANNOUNCEMENTS - 400

The Native Women's Shelter of Montreal now has a 1-800 number. You can now reach us toll-free at: 1-866-403-4688. Please check out the new website at: <http://www.nwsm.info> www.nwsm.info and feel free to give us any feedback.

Do you need help? Someone to talk to? Call the Kid's Help Phone's toll-free number, at: 1-800-668-6868 or check out their website at: <http://www.kidshelp.sympatico.ca> www.kidshelp.sympatico.ca.

Anyone knowing the whereabouts of John Ottereyes of Chisasibi, James Bay region, Quebec, please contact S. Pyett collect at : 613-747-7800 x 3477.



Let's learn French this summer!
Stanstead College
Language Adventure
21st edition
"Be my hero!"
July 1 to 21 2007

LANGUAGE ADVENTURE

Be My Hero!

Co-ed, 11 to 16 years old
45 hours of class
Camping, sports and cultural activities
\$2050 all-inclusive!
(English as a second language also available)

www.stansteadcollege.com/scla
819-876-7891 ext. 246



Ridgeline

*Motor Trend - 2006
truck of the year*

*AJAC - 2006 truck
of the year*

*Most fuel efficient full-size
pick-up - 29 mi/gallon!*



Odyssey

*AJAC - 2005 truck of
the year*

Car & Driver - 2005

Best Van Award

Motor Trend - 2005 Truck &

Minivan of the year

7 or 8 passenger

Up to 39 mi/gallon!



Pilot

Car & Driver "5-Best List"

5 years in a row

8 passenger

255 HP

Now also available in 2wd

32 mi/gallon!

Roadside Assistance 1-800-465-7587



Patrick Carboneau
General Sales
Manager

Martin Roy
Senior Service
Advisor

HONDA de Val-D'Or

1720, 3rd Avenue, Val-d'Or

Tel: 819-825-7838

Fax: 819-825-8855

Toll free: 1-877-525-7838



www.hondadevaldor.ca



HELLO CREE HEALTH BOARD? I HAVE BEEN ASKED TO PARTICIPATE IN A STATISTICS CANADA SURVEY. CAN YOU TELL ME MORE ABOUT IT?



STATISTICS CANADA IS CONDUCTING A SURVEY WITH PARENTS OF CHILDREN UNDER SIX IN EYU ISTCHEE. IT'S CALLED THE ABORIGINAL CHILDREN'S SURVEY.

WAA!



THE SURVEY IS TO UNDERSTAND THE SITUATION OF PARENTS AND GUARDIANS AND THEIR CHILDREN...

WAAA!

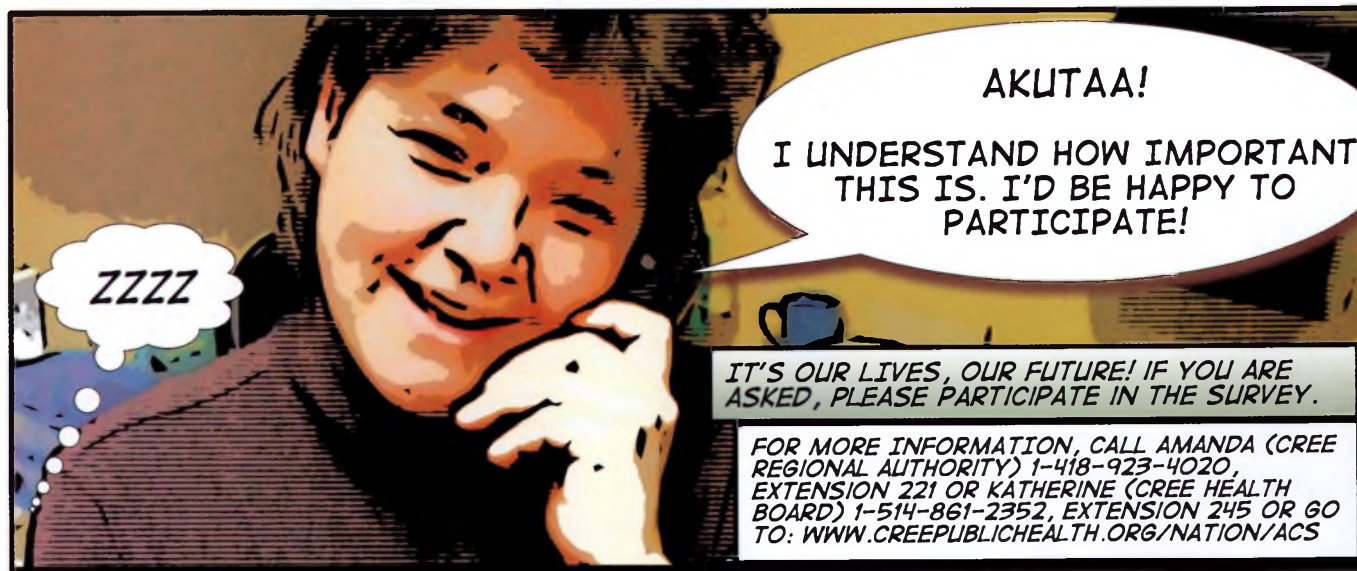


... ON ISSUES LIKE CHILDCARE, HEALTH, HOUSING AND LANGUAGE!

THE CREE REGIONAL AUTHORITY AND THE CREE HEALTH BOARD ARE WORKING WITH STATCAN ON THIS...

WILL YOU HELP US?

WAA! - GGU?



ZZZZ

AKUTAA!

I UNDERSTAND HOW IMPORTANT THIS IS. I'D BE HAPPY TO PARTICIPATE!

IT'S OUR LIVES, OUR FUTURE! IF YOU ARE ASKED, PLEASE PARTICIPATE IN THE SURVEY.

FOR MORE INFORMATION, CALL AMANDA (CREE REGIONAL AUTHORITY) 1-418-923-4020, EXTENSION 221 OR KATHERINE (CREE HEALTH BOARD) 1-514-861-2352, EXTENSION 245 OR GO TO: WWW.CREEPUBLICHEALTH.ORG/NATION/ACS



Conseil Cri de la santé et des services sociaux de la Baie James
σ Dd7a b7 ΔΓΔ ·ΔΔa Δaa bΓC bσΔ
Cree Board of Health and Social Services of James Bay



CRA
A.R.C.